

DID YOU KNOW?

Stroke

- ▣ Stroke is the third leading cause of death in the United States.
- ▣ Over 143,579 people die each year from stroke in the United States.
- ▣ Stroke is the leading cause of serious, long-term disability in the United States.

Stroke

- ▣ Each year, about 795,000 people suffer a stroke.
- ▣ About 600,000 of these are first attacks, and 185,000 are recurrent attacks.
- ▣ Nearly $\frac{3}{4}$ of all strokes occur in people over the age of 65.
- ▣ The risk of having a stroke more than doubles each decade after the age of 55.

Stroke

- ▣ Strokes can – and do – occur at ANY age. Nearly one quarter of strokes occur in people under the age of 65.
- ▣ Among adults age 20 and older, the prevalence of stroke in 2005 was 6,500,000 (about 2,600,000 males and 3,900,000 females).

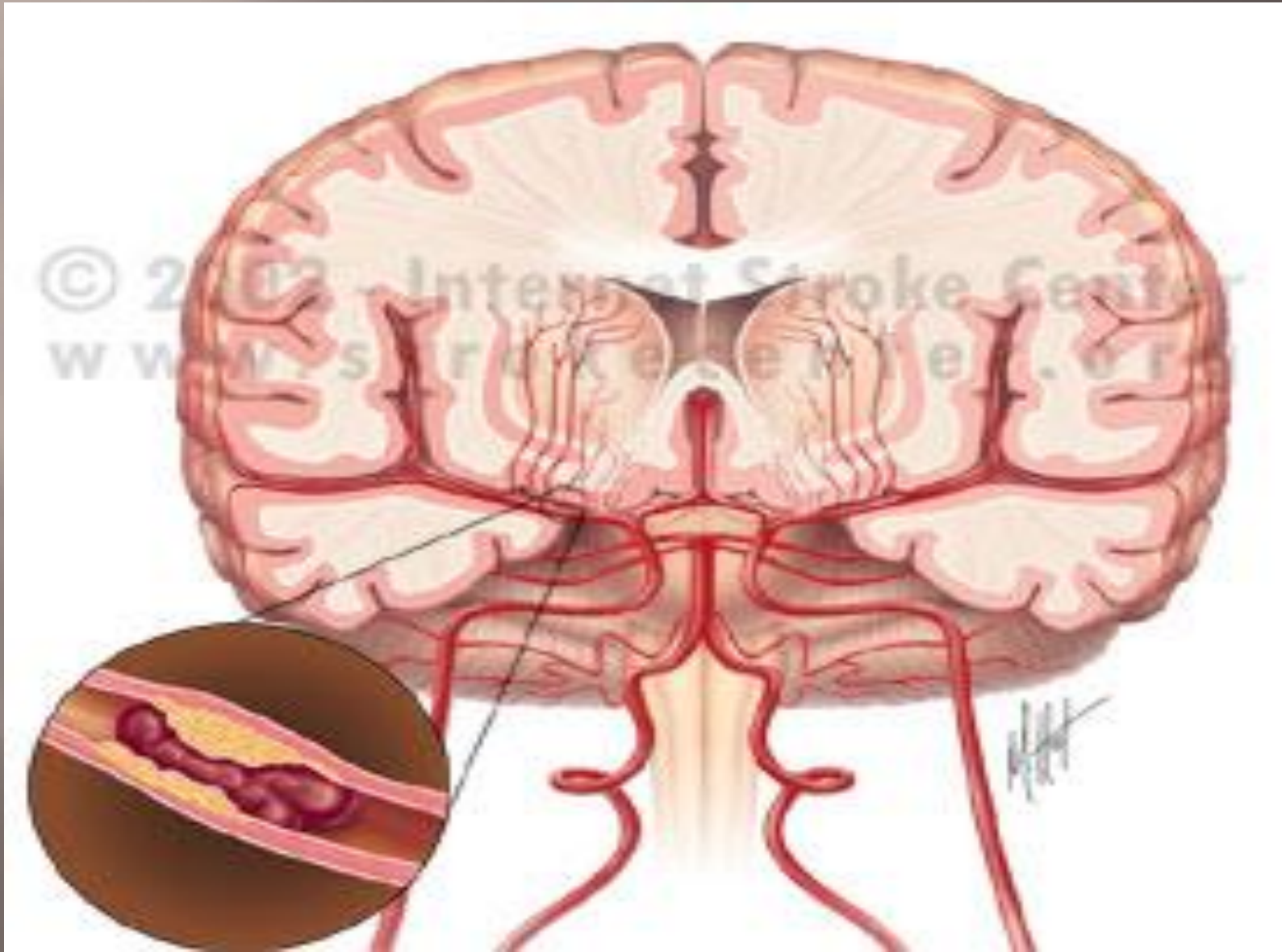
Stroke

- ▣ Each year, about 55,000 more women than men have a stroke.
- ▣ Men's stroke incidence rates are greater than women's at younger ages but not at older ages.

Stroke

- ▣ Of all strokes,
 - 87 percent are ischemic,
 - 10 percent are intracerebral hemorrhage,
 - 3 percent are subarachnoid hemorrhage.

Ischemic Stroke.



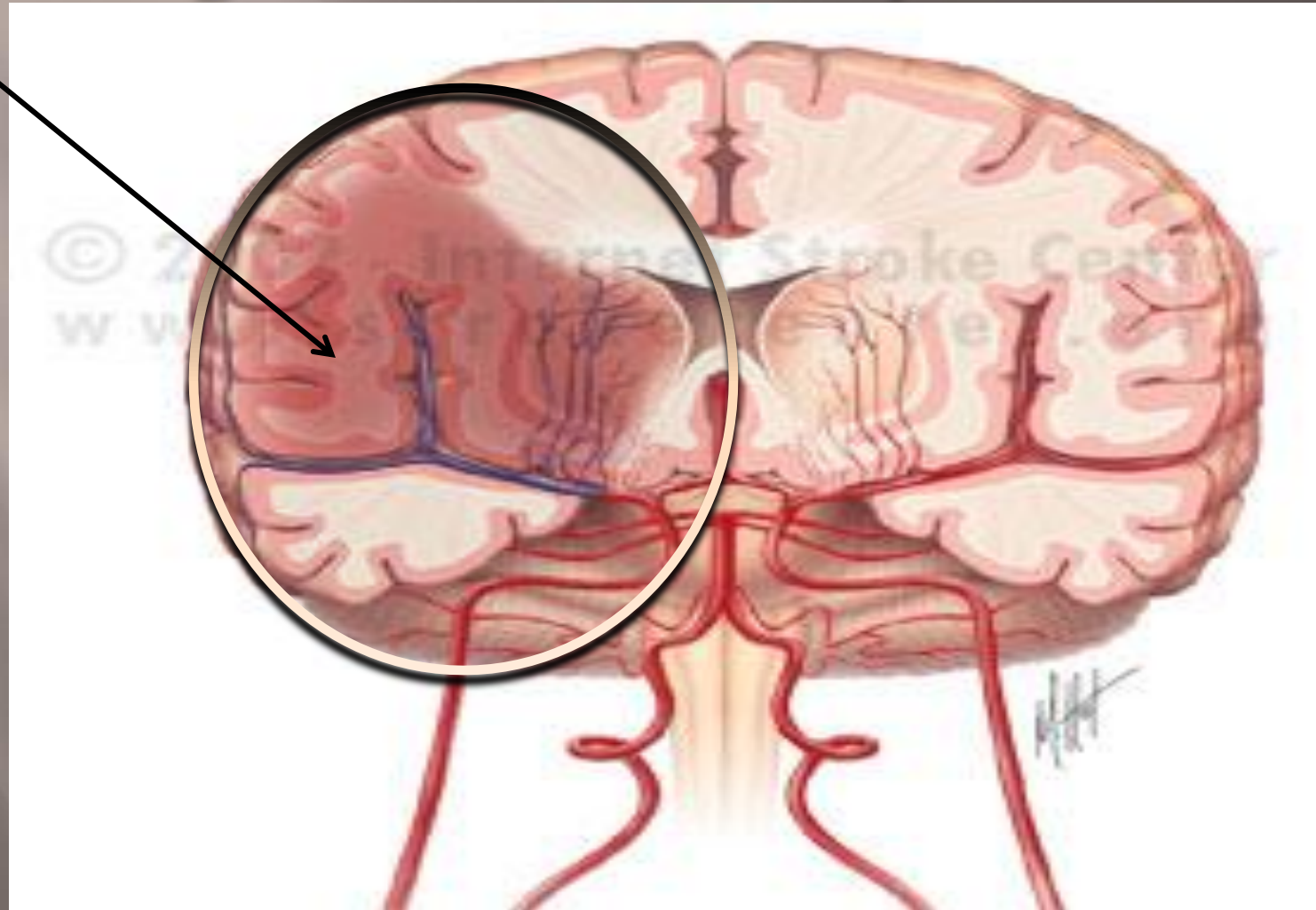
What causes Ischemic Stroke?

- ▣ The most common problem is narrowing of the arteries in the neck or head.
- ▣ This is most often caused *atherosclerosis*, or gradual cholesterol deposition.

Ischemic Stroke

- ▣ If the arteries become too narrow, blood cells may collect and form blood clots.
- ▣ These blood clots can block the artery where they are formed (*thrombosis*), or can dislodge and become trapped in arteries closer to the brain (*embolism*).

Deprived of oxygen and other nutrients, the brain suffers damage as a result of the stroke.



Hemorrhagic stroke

- ▣ Hemorrhage is the medical term for bleeding.
- ▣ A hemorrhagic stroke occurs when a blood vessel in your brain leaks or ruptures.
- ▣ Can be a result of uncontrolled high blood pressure (hypertension) and/or weak spots in your blood vessel walls (aneurysms).

Transient Ischemic Attack (TIA)

- ▣ Sometimes called a ministroke.
- ▣ Similar symptoms to a stroke.
- ▣ The cause is a temporary decrease in blood supply to part of your brain when a clot or debris blocks blood flow but doesn't leave lasting effects like a stroke.

Who is at higher risk?

- ▣ High blood pressure (hypertension)
- ▣ High cholesterol- total cholesterol >200
- ▣ Heart disease
- ▣ Smoking
- ▣ Diabetes
- ▣ Heredity (family history of stroke, heart attack)
- ▣ Ethnicity
- ▣ Being overweight and inactive (BMI >25)
- ▣ Use of birth control pills or hormone therapies

Prevention of stroke

- ▣ Control high blood pressure (hypertension)
 - Exercise
 - Manage stress
 - Maintain a healthy weight
 - Limit alcohol, and sodium intake.
 - Get adjusted

Chiropractic Cuts Blood Pressure!

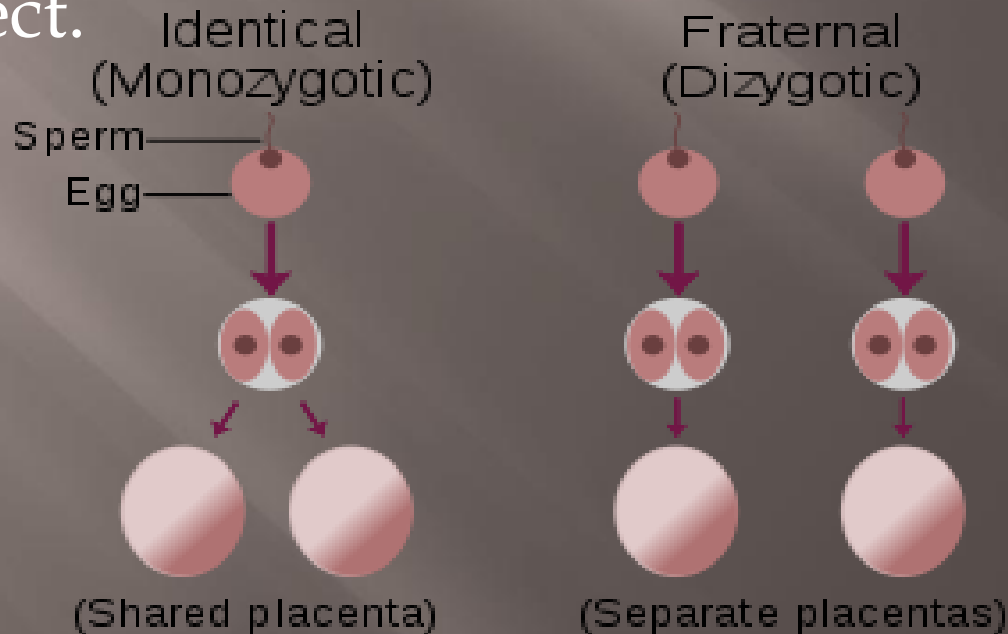
- ▣ A special chiropractic adjustment can significantly lower high blood pressure, a placebo-controlled study suggests.
- ▣ "This procedure has the effect of not one, but two blood-pressure medications given in combination," study leader George Bakris, MD, tells WebMD. "And it seems to be adverse-event free. We saw no side effects and no problems," adds Bakris, director of the University of Chicago hypertension center.

Masha and Dasha



Masha and Dasha

- ▣ One of the most unusual sets of "Siamese" or conjoined twins ever born.
- ▣ Identical twins are formed when a fertilized egg divides into two eggs. The two eggs grow into two babies that are identical in every respect.



Masha and Dasha

- ▣ Conjoined or Siamese twins are formed in the same way as identical twins but the eggs, for some reason, don't completely separate; instead, they remain partially attached.
- ▣ It was the unique way in which the twins were connected that caused Soviet scientists to take such an interest in them.

Masha and Dasha

- ▣ Their mother was told that the girls died moments after birth, but in reality they were spirited away to a Soviet research institute for study.
- ▣ For the next 20 years, the sisters were subjected to cruel experiments in order to determine which anatomical systems they shared.

Masha and Dasha

- ▣ Although Masha and Dasha have four arms, they have only three legs.
- ▣ They stand on two of their legs, one controlled by Masha, one by Dasha (they were five before they learned how to walk) while a third, vestigial leg remains in the air behind them.

Masha and Dasha

- ▣ Their upper intestines are separated but they share a single lower intestine and rectum.
- ▣ They have four kidneys and one bladder, and often disagree on when to urinate. They have a common reproductive system.
- ▣ Because their circulatory systems are interconnected, the twins share each other's blood.

Masha and Dasha

- ▣ Therefore, a bacterium or virus that enters one twin's bloodstream will soon be seen in the blood of her sister. Yet surprisingly, illness affects them differently.
- ▣ Dasha is short-sighted, prone to colds and right-handed.
- ▣ Masha smokes occasionally, has a healthier constitution, higher blood pressure than her sister, good eyesight and is left-handed.

The twins differing health patterns present a mystery.

- ▣ Why did one become ill with a childhood disease, like measles for example, while the other did not?
- ▣ The measles "bug" was in both of their bodies, in their collective bloodstream; so why didn't both get the measles?

- ▣ Evidently there is more to "getting the measles" than having the measles "bug". This phenomenon was seen over and over again with the girls (flu, colds, other childhood diseases were all experienced separately).

- ▣ If germs alone had the power to cause infectious diseases, why would one of the twins be disease-free while the other was ill?
- ▣ What was it in their makeup that differentiated one from the other?

What was the difference?

- ▣ Although Masha and Dasha had common circulatory, digestive, excretory, lymphatic, endocrine and skeletal systems (they were joined at the hips), they had **separate spinal columns and spinal cords.**
- ▣ This was the only important difference between the two girls.

Nervous System controls Immune System!

- ▣ These extraordinary twins are an invaluable example confirming that there is much more to "catching" a disease than simply breathing in germs.
- ▣ Germs can make you sick if and only if your body provides fertile ground to grow in!

Nervous System controls Immune System!

- ▣ The state of your nerve system can determine whether you have high or low resistance to disease.
- ▣ If you are suffering from disease, the health of your nerve system will play a decisive role in whether or not (and how rapidly) you will recover.
- ▣ By keeping your spinal column and nerve system free of subluxations, chiropractic care helps you optimize your overall state of health.

Superbowl Quarterbacks Secret Weapon?



The Secret Weapon!



- ▣ Aaron Rodgers has been adjusted by a chiropractor his entire life.
- ▣ His father is a chiropractor in Chico, California.
- ▣ He sees a chiropractor while in Green Bay during the season and while training to maintain his health.